

St Cuthbert's Hospice



Life at St Cuthbert's Hospice



Making Every Day Count Since 1988

It all started with the local community...



Over three decades ago, a group of Durham residents came together for a common cause. They saw the absence of care and support available for those coming to the end of their lives and decided to take action. Thanks to their many years of fundraising and dedication, St Cuthbert's Hospice first opened its doors in 1988 to provide services, free of charge, for those with advanced illness and those approaching the end of their lives.

At the heart of St Cuthbert's Hospice is the individual who is seen as a unique person deserving of respect and dignity. Our aim is to support each person, and their family and friends, helping them to make informed choices and decisions affecting their lives.

At St Cuthbert's Hospice...

...we are rooted in our local community and see life and death as a journey to be made in the company of others.

...we care for people with any life-limiting illness including motor neurone disease, multiple sclerosis, dementia, respiratory and heart disease and also cancer.

...the person - not their illness - is the focus of our care.

...we support families, friends and carers, as well as the person with the illness.

...we care for adults of all ages from 18 years and over.

...end of life care is only a small part of the work we do. Almost half of our In-Patients come to the Hospice for pain relief or symptom control and then they return home.

...we laugh with, listen to, comfort, care for and help make special memories for over 500 individuals and families each year.

...we welcome people of all faiths, or none.

Our Services

"I was extremely apprehensive coming to the Hospice. I had no idea what this place would be like. I thought it would be all doom and gloom but I couldn't have been more wrong. The staff are incredible and everyone is so positive. The place is full of laughter." – A Living Well Centre Guest

Our many services provide people who come to St Cuthbert's Hospice with physical, emotional, social and spiritual support.



Living Well Centre

The Living Well Centre gives people with life-limiting conditions, and their carers, the opportunity to spend an enjoyable, lively or relaxing day with others in a similar situation. Laughter and chatter can often be heard from our guests who attend the Living Well Centre. Guests can access therapeutic care, such as physiotherapy and complementary therapies, such as reiki.

They can take part in a range of activities that help to manage symptoms, improve mobility and independence and help them to feel supported. We pride ourselves on being a happy, vibrant place to spend time and our aim is to make every day count and help to improve quality of life.

"That first moment you walk in you know that your loved one is in the right place. Our family cannot say thank you enough for what the staff here did for my dad. I would also like to say thank you for how my mam was looked after as well during this difficult time." – Patient's Family

In-Patient Unit

Many people tell us that our rooms feel like a 'home from home'. Each private room has warm, homely touches, en-suite facilities and French doors that open to views of our award winning gardens. We can care for up to 11 patients at any one time. Our specialist doctors, nurses and therapists bring a wealth of skills and knowledge when caring for patients staying at St Cuthbert's. This care is provided 24 hours a day.

A stay on the In-Patient Unit isn't always just for the last few days and hours. Some people receive Hospice care on a number of occasions over a period of time. We provide expert pain relief and symptom control, as well as end of life care.

Family Support Team

Coming to terms with your own illness or the diagnosis of someone close to you is difficult. The feelings experienced at this time are completely normal, but we're here to make sure people who would like help and support don't feel alone. Our Family Support Team provide emotional, psychological, spiritual and practical support to

individuals, children and families who are affected by life-limiting illness, bereavement and grief. We provide a specialist children and young person's counselling service here at the Hospice called The Jigsaw Project. All of our counselling services are open to referrals from the whole of County Durham, not just those who come to St Cuthbert's.



"To a wonderful team, we had reached a low and with your incredible care, you have turned us around. We can't thank you enough." – Family members



Everything in Place

Many of us regard talking about death and dying as taboo, however, it is a reality we will all be faced with one day. The Everything in Place project aims to break this taboo and help to get people talking about physical, emotional, spiritual, and practical issues surrounding the topic, preparing documents and making informed decisions. This community based project is delivered in six sessions which are free to attend.

Our ambition is to make death part of life. Talking about death can help us to alleviate our fears, voice our thoughts and feel a little more prepared.

Dementia Support Services

Wherever a person is on their dementia journey, our Admiral Nurse can offer advice and support for both the person with dementia and also to their family. The dementia team can promote positive approaches to living well with dementia and enhance carers' ability to adjust and cope with these changes.

We aim to improve the well-being and quality of life for the person with dementia and their carer. We also hold dementia friendly therapeutic groups within The Living Well Centre. Our Namaste Care Service provides home based sessions for people with advanced dementia who may benefit from sensory stimulation.

Support St Cuthbert's

We could not exist without the support of our local community who help to raise the funds we need each year to continue offering our services free of charge.

Support Our Shops

St Cuthbert's Hospice charity shops play an important role in our fundraising efforts. Our stores cover a large part of County Durham and all the money we raise through sales goes directly towards funding patient care. Each year our shops generate approximately £590,000 per year thanks to many loyal shoppers and generous donations from our local community.

Each shop is unique thanks to the amazing staff and volunteers who run them. Alongside our high street stores we also sell a variety of goods online via eBay and Gumtree helping to raise an additional income for St Cuthbert's Hospice.

Volunteer

Volunteers are our heart and soul. They provide a vital service; without their support, we would not be where we are today. We are proud to have over 400 volunteers who make the Hospice the special place that it is, but as we grow we need more people to help us continue to make a difference to those who use our services.



We have a wide range of volunteer roles available in the Hospice and within our retail teams across County Durham, which includes our Meadowfield Furniture & Homeware Store and our warehouse.

Whether it is minutes or months, hours or days, the time you give really does matter.

Visit our Café and Greenhouse

We would love to welcome you to our Café here at St Cuthbert's. Visitors can sample a range of teas, coffees and our famous Hospice scones. Light lunches are also served including soup, sandwiches and salads. The Café is open to the public Monday - Friday, 10am – 4pm and is entirely staffed by a dedicated team of volunteers.

Our award winning gardens are lovingly looked after by a dedicated team of gardening volunteers. Seasonal plants and produce can be purchased from our large Victorian style Greenhouse Monday - Friday, 10-3pm.



“When visiting the Hospice the feeling of serenity is immediate. It really is beautiful inside and out.” – Patient's Family



Fundraise

Each year, St Cuthbert's has the momentous task of raising over £2 million to ensure we can provide our services free of charge. This is only made possible with the fantastic continued support from our local community, businesses, trusts and foundations.

There are many ways you can help to raise money. From attending a Hospice event or hosting your own, to supporting through your workplace or playing our raffle. Our fundraising team can help with inspiration, advice, promotional materials and resources.

Information about our latest events can be found on our website.



All of the care we provide is only possible thanks to the generous support we receive from the communities we serve. The local community helped to create St Cuthbert's Hospice and today helps us to continue making every day count for those who rely on our vital services.

Should you require any further information about life at St Cuthbert's, including information about the referral process for our services, please do not hesitate to contact us or visit our website.

Contact Us

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St Cuthbert's Hospice 

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